WELCOME TO THE APEX FAMILY

Thank youfor choosingApex Gym asyour place to train,achieveresults,
and push toward your personal goals. We're excited to be part of your journey.

▪ GYM ACCESS & ENTRY

Apex Gym operates on a **fingerprint entry system** — no cards, no fobs, no hassle. Simply scan in at reception at the start of each session. There's no need to check out when you leave. Access is relative to your gym membership ttype.

▪ FACILITIES & AMENITIES

CHANGING ROOMS	WATER FOUNTAIN	GYM SHOP
Locker rooms with showers available. Bring your own padlock.	Free refill station located near reception.	Water, pre-workouts & supplements available to buy.

▪ STAFF & SUPPORT

Our team is always here to help. During opening hours you'll find a member of staff at reception or on the gym floor at all times. Don't hesitate to ask — we're here for you. We also have Personal Trainers that operate from the gym if you require additional support.

★YOUR 6 FREE WELCOME GIFTS

1. Free Guest Pass — Bring a friend along for a session on us
2. Free Bottle — Your new gym essential, on the house
3. Free Sample— Grab a free sample to help kickstart your journey.
4. Free PT Taster Session (30 mins) — Book via mike@apex-gym.co.uk
5. Nutrition E-Book — Expert guidance to fuel your training
6. Training Guidelines Ebook — A personalised roadmap to hit your goals

Each ebook is delivered as a separate PDF in your welcome email.

YOUR COMMITMENT. OUR SUPPORT. LIMITLESS RESULTS.